



UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE
1 Olympic Plaza
Colorado Springs, CO 80909

February 12th, 2024

Matt Sicchio
CEO
USA Weightlifting
Matt.Sicchio@usaweightlifting.org

Dear Matt,

We are pleased to inform you that the USOPC has approved USA Weightlifting's Athlete Selection Procedures for the 2024 Olympic Games.

Attached please find the executed copy of your selection procedures which should be made available on-line (to replace any previous versions, if applicable) as soon as possible but no later than five days from the date of this notification. In addition, please take the appropriate steps to inform your membership that selection procedures have been published.

We look forward to assisting you in your preparations for these Olympic Games. Thank you.

Sincerely,

Julie Miller
HPD, USOPC Sport Performance

cc: Mike Gattone , High Performance Director
Lorene Halford, Director of National Team Operations
Bejan Abtahi, USOPC Olympic Performance Advisor

USA Weightlifting
ATHLETE SELECTION PROCEDURES
2024 Olympic Games
February 8, 2024

1. SELECTION SYSTEM

1.1. Provide the minimum eligibility requirements for an athlete to be considered for selection to the Team:

1.1.1. Nationality/Passport requirements:

Athlete must be a national of the United States at the time of nomination.

Athlete must hold a valid U.S. passport that will not expire for six months after the conclusion of the Games.

1.1.2. Minimum International Olympic Committee (IOC) standards for participation:

Any competitor in the Olympic Games must be a national of the country of the National Olympic Committee (NOC) which is entering such competitor. For additional information regarding an athlete who is a national of two or more countries, has changed his or her nationality or acquired a new nationality, refer to the Olympic Charter (Rule 41).

1.1.3. Minimum International Federation (IF) standards for participation (if any):

International Weightlifting Federation (IWF) Sport Qualification System:
<https://iwf.sport/downloads/?did=2256>

To be eligible to participate in the Paris 2024 Olympic Games, athletes must be born on or before 31 December 2009. Athletes must also meet all athlete eligibility criteria outlined in the IWF Sport Qualification System.

1.1.4. Other requirements:

- Athlete must be in USA Weightlifting RTP for at least six months prior to the start of competition and the USADA RTP for at least 3 months prior to the start of competition.
- Athlete must be a current USA Weightlifting member in good standing.
- Athlete must not be subject to a period of ineligibility (including provisional suspension), imposed by the IWF, International Testing Agency (ITA), U.S. Anti-Doping Agency (USADA), or USA Weightlifting, that prohibits Athlete's participation at the Games.

- Once nominated to the Team, the athlete must comply with the Readiness to Compete Plan, as developed by USA Weightlifting’s High Performance staff.
- Athlete must complete the mandatory E-Learning course for Registered Testing Pool Athletes on the WADA ADEL platform ([Anti-Doping Education and Learning](#)) no later than April 28, 2024.
- Athlete must successfully complete all Games Registration requirements by stated deadline.
- Any athlete age 18 or older will be required to undergo a background screen in accordance with the current [USOPC Background Check Policy](#).
- Any athlete age 18 or older as of the Closing Ceremony will be required to remain current with the U.S. Center for SafeSport’s education and training requirements in accordance with the [USOPC Athlete Safety Policy](#).

1.2. Tryout Events:

- 1.2.1. Event names, dates and locations of all trials, competitions, and camps to be used as part of the selection process:

Mandatory Event Participation

Athletes must participate in the following events:

Event	Dates
2023 IWF World (Senior) Championships (Riyadh, KSA)	September 2-17, 2023
2024 IWF World Cup (Phuket, THA)	March 31- April 11, 2024

Additional Event Participation

Athletes must participate in a minimum of three of the following events:

Event	Dates
2022 IWF World (Senior) Championships (Bogota, COL)	December 5-16, 2022
2023 Continental/Pan American (Senior) Championships (Bariloche, ARG)	March 25 - April 2, 2023
2023 IWF Grand Prix I (Havana, CUB)	June 8-18, 2023
2023 IWF Grand Prix II (Doha, QAT)	December 2-12, 2023
2024 European Championships	February 12-20, 2024

Participation for the purposes above means, at minimum, attending, weighing-in, and participating in the official introduction of athletes (as per

[IWF Technical and Competition Rules and Regulations](#) – Section 6.5). For the avoidance of doubt, participation does not require competing at the event. The criteria of participation can be achieved in any bodyweight category (Olympic or non-Olympic).

The qualification period for the Olympic Qualification Ranking (OQR) shall begin on 01 August 2022 and conclude on 28 April 2024.

1.2.2. Describe how athletes qualify for the events listed in 1.2.1.:

Athletes will qualify for the events listed above via USA Weightlifting’s Olympic Qualification Event Selection Procedures found here: www.usaweightlifting.org/resources/athlete-information-and-programs/selection-procedures.

1.3. Step-by-step description of the selection process for these Games (include maximum Team size):

The maximum team size for each NOC is 6, consisting of a maximum of 3 men and 3 women. Quota places are allocated to athlete(s) by name, respecting the maximum of one athlete per NOC per event.

IWF Olympic Qualification Ranking (OQR):

The IWF will be publishing the OQR including one athlete per Olympic bodyweight categories per NOC with the highest Totals (in Kilograms). The [OQR](#) will be collated from the official results only from the Olympic Qualification events. Results achieved by athletes in non-Olympic bodyweight categories will be included in the OQR in the respective Olympic bodyweight category that incorporates their weight as indicated in the below table. The highest total achieved by each athlete in the events outlined in Section 1.2 above shall be counted towards their overall ranking.

IWF Men Bodyweight Categories	Olympic Men Bodyweight Categories
55kg (≤55.00kg)	61kg (≤61.00kg)
61kg (55.01kg -61.00kg)	
67kg (61.01kg – 67.00kg)	73kg (61.01kg-73.00kg)
73kg (67.01kg – 73.00kg)	
81kg (73.01kg – 81.00kg)	89kg (73.01kg – 89.00kg)
89kg (81.01kg – 89.00kg)	
96kg (89.01kg – 96.00kg)	102kg (89.01kg – 102.00kg)
102kg (96.01kg – 102.00kg)	
109kg (102.01kg – 109.00kg)	+102kg (>102.00kg)
+109kg (>109.00kg)	

IWF Women Bodyweight Categories	Olympic Women Bodyweight Categories
45kg (≤45.00kg)	49kg (≤49.00kg)
49kg (45.01kg – 49.00kg)	
55kg (49.01 – 55.00kg)	59kg (49.01kg – 59.00kg)
59kg (55.01kg – 59.00kg)	
64kg (59.01kg – 64.00kg)	71kg (59.01kg – 71.00kg)
71kg (64.01kg – 71.00kg)	
76kg (71.01kg – 76.00kg)	81kg (71.01kg – 81.00kg)
81kg (76.01kg – 81.00kg)	
87kg (81.01kg – 87.00kg)	+81kg (>81.00kg)
+87kg (>87.00kg)	

At maximum, one athlete per NOC shall be ranked on the OQR, which would be the highest ranked athlete per NOC, in each bodyweight category to be contested at the Paris 2024 Olympic Games. In circumstances that two, or more, athletes record the same total in the same Olympic bodyweight category, they shall be ranked in order of which athlete achieved the result first, using equivalent Greenwich Mean Time (GMT) to decide such if necessary.

Quota Allocation:

The top 10 athletes ranked in each Olympic bodyweight category according to the [OQR](#) will be allocated a quota placement. Additionally, the highest ranked eligible athlete of a bodyweight category representing an NOC whose continent is not already represented in the top 10 of his/her bodyweight category will be allocated a quota place.

Athlete Nominations:

USA Weightlifting will nominate athletes to the Olympic Team through the two methods presented by the IWF as outlined above in Section 1.3.

- On May 10, 2024, the IWF will notify NOCs that have more than 3 eligible athletes per gender in the top 10 positions based on the May 8, 2024 OQR, to select the athletes and bodyweight categories that will remain in the top 10 of the OQR, respecting the maximum number of athletes per NOC. By May 15, 2024, USA Weightlifting will notify IWF of the selected athletes and bodyweight categories that will remain in the top 10 of the OQR, respecting the maximum number of athletes per NOC. USA Weightlifting will select up to 3 male and female athletes based solely on the updated OQR (NOT including continental quota allocation). USA Weightlifting will not change the athlete names submitted to the IWF on May 15, 2024 regardless of potential changes to the OQR that may occur later due to matters including, but not

limited to, other member federations' athlete selections or removal of athletes due to doping sanctions.

- On May 16, 2024, the IWF will notify NOCs that have more athletes than 3 per gender eligible to obtain an OQR/Continental quota place to select 3 athletes per gender and bodyweight categories that will remain eligible to receive the OQR/Continental quota places respecting the maximum number of athletes per NOC. If USAW has not already reached the maximum Team size of six athletes (3 per gender) based on its selection of athletes and bodyweight categories to remain in the top 10 of the OQR as of the May 15, 2024 deadline, then USAW will select and notify the IWF of selected athletes and bodyweight categories that will receive OQR/Continental quota places by May 23, 2024.

USA Weightlifting will nominate the top 3 ranked athletes of each gender, limited to one athlete per weight category, to fulfill quota places for a full team of 3 men and 3 women. Athletes will initially be nominated based on their ranking within the OQR top ten. If USA Weightlifting does not reach the maximum (per-NOC) team size of 6 athletes (3 per gender) based on OQR top ten ranked athletes, then USA Weightlifting will proceed to nominate athletes for any applicable Continental quota. If USA Weightlifting has more than three athletes in one gender who are eligible to receive quota places through either the OQR or a Continental quota, or an athlete is ranked in the top ten of multiple categories, USA Weightlifting will follow the steps below to determine which athletes will receive the quota places, respecting the maximum number of athletes per NOC per event.

If two athletes are in the same placement on the OQR or continental qualifying, in different weight categories, there will be a tie breaker implemented to determine ranking. The athlete's total which is the closest (by percentage) to the total of the next highest placed athlete on the OQR or continental qualifying will be ranked higher. If there is a tie with athletes who are ranked number one, the higher ranking will go to the athlete whose total is further away, by percentage, from the second place athlete's total according to the OQR. If both athletes are the same percentage (using a percentage out to the hundredths place; e.g., 90.99%) away from the next placement, the higher ranking will go to the athlete who first achieved the total that ranked them, using equivalent Greenwich Mean Time (GMT) to decide if necessary.

If the IWF informs USA Weightlifting that as of May 1, 2024, a U.S. athlete is ranked in the top ten of more than one Olympic bodyweight category on the OQR, USA Weightlifting will remove the athlete no later than May 6, 2024, from the category in which they are ranked lowest.

- If the athlete is ranked in the same position in both bodyweight categories, USA Weightlifting will use the tie-breaking method(s) mentioned above and remove

the athlete from the bodyweight category in which they have the lower percentage of total compared to the athlete above them.

- The open ranking position from the athlete's removal will automatically move to the next highest ranked eligible athlete based on the OQR.
- Confirmation of bodyweight categories for those that are ranked in more than one category will be sent to the IWF on or before May 6, 2024.

In the event of a conflict between this overview and the IWF Qualification System, the IWF Qualification System will take precedent. For more details, please refer to the IWF Qualification System directly: <https://iwf.sport/downloads/?did=2256>

2. DISCRETIONARY SELECTION (if applicable)

- 2.1. Rationale for utilizing discretionary selection (if any): Not Applicable
- 2.2. Define the discretionary criteria to be used (if any): Not Applicable
- 2.3. Name of the committee that will be responsible for making discretionary selections, or other decisions/recommendations directly impacting athletes in the selection process, along with a complete list of the members' titles: Not Applicable
 - 2.3.1. Process that will be used to identify and handle any potential conflicts of interest involving a member of the committee: Not Applicable

3. REMOVAL OF ATHLETES

- 3.1. Prior to the submission of athlete entries by name by the USOPC to the Organizing Committee of Olympic Games (OCOG), USA Weightlifting has jurisdiction over potential nominees.

An athlete who is nominated to the Team by USA Weightlifting may be removed for any of the following reasons, as determined by USA Weightlifting:

- 3.1.1. Voluntary withdrawal. Athlete must submit a written letter to the USA Weightlifting CEO/Executive Director.
- 3.1.2. Injury or illness as certified by a physician (or medical staff) approved by USA Weightlifting. If an athlete refuses verification of his/her illness or injury by a physician (or medical staff) approved by USA Weightlifting, his/her injury will be assumed to be debilitating and he/she may be removed.
- 3.1.3. Failure to participate in Mandatory Competition as defined in Section 9 of these procedures.

- 3.1.4. Violation of the USA Weightlifting Member [Code of Conduct](#).
- 3.1.5. Non-compliance with the eligibility requirements listed in Section 1.1. of these selection procedures.
- 3.1.6. Non-compliance with Readiness to Compete requirements outlined in the [2023-2024 Athlete Selection Procedures](#)

An athlete who is removed from the Team pursuant to this provision has the right to a hearing per [USA Weightlifting's Bylaws](#) (Section 14.7) and the USOPC Bylaws, Section 9.

- 3.2. Once athlete entries have been submitted by the USOPC to the OCOG, the USOPC has jurisdiction over the Team, at which time, in addition to any applicable USA Weightlifting Code of Conduct, the USOPC's Delegation Conduct Requirements apply, contained in the USOPC Games Delegation Terms. The USOPC Games Delegation Terms are specific to each Games and made available during the Games registration process. USOPC's Grievance Procedures and Hearing Process are found within the USOPC Dispute Resolution Policy and Hearing Procedures.

- 3.2.1. See www.usopc.org/governance/dispute-resolution for more information.

- 3.3. An athlete may be removed as a nominee to the Team or from the Team for an adjudicated violation of IOC, WADA, IWF, USADA and/or USOPC anti-doping protocol, policies and procedures, as well as the U.S. Center for SafeSport Code, the USOPC Athlete Safety Policy and USA Weightlifting's SafeSport policies, as applicable.

4. REPLACEMENT OF ATHLETES

- 4.1. Describe the selection and approval process for determining replacement athlete(s) should a vacancy occur:

- 4.1.1. Prior to submission of Entries by Name by the USOPC to the OCOG, including any applicable group or committee:

- USA Weightlifting will select the next highest ranked qualified athlete according to the process outlined in Section 1.3 above.

- 4.1.2. After submission of Entries by Name by the USOPC to the OCOG, including any applicable group or committee:

- To the extent that the OCOG will allow, USA Weightlifting will select the next highest ranked qualified athlete according to the process outlined in Section 1.3 above.

5. SUPPORTING DOCUMENTS

USA Weightlifting will retain the approved Selection Procedures and all supporting documents, including scouting or evaluation forms, etc., and data from the selection process for six months past the date of the Closing Ceremony of the Games.

6. REQUIRED DOCUMENTS

In addition to the USOPC Delegation Conduct Requirements, the following documents are required to be signed by an athlete as a condition of nomination to the Olympic Games (include as attachments or provide links):

- USA Weightlifting International Team Code of Conduct/Declaration (Attachment A)

7. PUBLICITY/DISTRIBUTION OF PROCEDURES

The USOPC approved Selection Procedures (complete and unaltered) will be posted/published by USA Weightlifting in the following public location(s):

- 7.1. NGB Web site: www.usaweightlifting.org/resources/athlete-information-and-programs/selection-procedures

These procedures will be posted as soon as possible, but not more than five business days following notice of approval by the USOPC.

- 7.2. Other: None

8. DATE OF NOMINATION

Nomination of athletes, including replacements, will be announced to all athletes and submitted to the USOPC on or before:

- May 15, 2024 – Athletes who qualify via the OQR
May 23, 2024 – Athletes who qualify via continental quota.

9. MANDATORY TRAINING AND/OR COMPETITION

Specify the location, schedule and duration of mandatory training and/or competition:

Mandatory Competitions:

- 2023 IWF World (Senior) Championships (Riyadh, KSA) – September 2-17, 2023
- 2024 IWF World Cup (Phuket, THA) – March 31- April 11, 2024

Other than for the purposes of universality quota places, participation in both of these events is compulsory; if an athlete fails to participate in any of these two events, he/she shall not be eligible to participate at the Olympic Games Paris 2024, except in truly exceptional circumstances as outlined in the [IWF Sport Qualification System](#).

10. ANTI-DOPING REQUIREMENTS

Athletes must adhere to all IOC, WADA, IWF, USADA and USOPC anti-doping protocols, policies and procedures, as applicable. This includes participation in Out-of-Competition Testing as required by the IOC, WADA, IWF, USADA and USOPC rules, as applicable.

All athletes must be in the USAW RTP 6 months prior to the start of competition and the USADA RTP 3 months prior to the start of competition.

11. DEVELOPMENT OF SELECTION PROCEDURES

The following committee/group (include names and titles) was responsible for creating these Selection Procedures:

Lorene Halford, Director of National Team Operations
Mike Gattone, Senior Director of Sport Performance
USA Weightlifting Athlete Advisory Council (inclusive of the USOPC AAC Representative)

12. NGB/PSO BYLAWS AND GRIEVANCE PROCEDURES

The USA Weightlifting Bylaws and Grievance Procedures can be found at:
www.usaweightlifting.org/about-us/governance-and-financial/bylaws-technical-rules-and-policies

13. INTERNATIONAL DISCLAIMER

These procedures are based on IOC, IPC, Panam Sports, APC, as applicable, and/or IWF rules and regulations as presently known and understood. Any change in the selection procedures caused

by a change in IOC, IPC, Panam Sports, APC, as applicable, and/or IWF rules and regulations will be distributed to the affected athletes immediately. The selection criteria are based on the latest information available to USA Weightlifting. However, the selection criteria are always subject to unforeseen, intervening circumstances, and realistically may not have accounted for every possible contingency.

If any force of nature, or force majeure, should cause the alteration or cancellation of any of the selection events listed in this document, these selection procedures may require revisions, pursuant to their resubmission to the USOPC.

14. ATHLETE OMBUDS OFFICE

The Athlete Ombuds Office provides cost-free, independent and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and their NGB.

To contact the Athlete Ombuds Office:

PHONE: (719) 866-5000

EMAIL: ombudsman@usathlete.org

WEBSITE: www.usopc.org/athlete-ombuds

15. NGB SIGNATURES

I certify that I have read and understand the standards/criteria set by our IF and incorporated those standards/criteria into our Selection Procedures. I further certify that the information provided herein regarding Athlete Selection Procedures represents the method approved by USA Weightlifting.

Position	Print Name	Signature	Date
USA Weightlifting President or CEO/Executive Director	Matt Sicchio	<i>Matthew Sicchio</i>	Feb 12, 2024
Nat. Team Coach, Head Coach, or Nat. Program Director	Michael Gattone	<u><i>Mike Gattone</i></u> <small>Mike Gattone (Feb 10, 2024 23:56 CST)</small>	Feb 10, 2024
USOPC Athletes' Advisory Council Representative*	Erin Andica	<u><i>Erin Andica</i></u> <small>Erin Andica (Feb 10, 2024 21:10 CST)</small>	Feb 10, 2024

* If the USOPC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.

* Signature by the Athlete Representative constitutes that he/she has read and understands the Selection Procedures. If the Athlete Representative reads and does not agree with the Athlete Selection Procedures being submitted by USAW, he/she may submit those reasons in writing to his/her USOPC Sport Performance Team.

* If, for some reason, a sport does not have an elected USOPC AAC Representative, USAW must designate an athlete from that sport to review and sign the Selection Procedures.

Appendix A:

USA Weightlifting Athlete Agreement for:

2024 Olympic Games



This Declaration is due by **July 1, 2024** NO LATER THAN 5PM MT

Terms and Conditions

As of today, I have met the following minimum requirements:

- I **I am a citizen of the United States of America**
Athletes must be citizens of the United States to be eligible to compete for Team USA, if dual citizenship is held, your sport nationality must be registered as the United States with the IWF or other applicable body.

- I **I have a valid United States of America Passport**
An athlete must possess a USA passport with an expiration date of a minimum of 6 months after the end of the competition, or the entry requirement of the host nation, whichever is the greater.

- I **SafeSport and Background Screen**
Athletes (who are over the age of 18) must have a current SafeSport certification and green light background screen.

- I **USA Weightlifting Membership**
Athletes must be current members of USA Weightlifting and in good standing to compete.

Initial: _____

Code of Conduct:

This Code of Conduct applies to all team members during their time as part of a team delegation.

Team Members: Any athlete, technical official, personal coach, team staff and any other person acting/serving in an official capacity as an international/national representative of USA Weightlifting, who are selected and/or endorsed by USA Weightlifting to attend any IWF sanctioned competition. Team members are considered part of a delegation during the period beginning with first flight of travel to an IWF sanctioned competition or USA Weightlifting sanctioned camp and ending upon completion of last flight returning home from the competition or camp.

It is imperative that teams understand that they are ambassadors of USA Weightlifting, the United States Olympic and Paralympic Committee and ultimately the United States. As such:

1. All team members will conduct themselves in a manner representative of the highest level of excellence in all areas at all times.
2. All team members will respect teammates, athletes, coaches, officials, spectators, volunteers, antidoping representatives, sponsors and staff without regard to race, religion, national origin, age, civil status, veteran status, marital status, language, social condition, mental or physical ability, sexual preference, or gender identity.
3. All team members will perform their duties in a professional manner at all times. It is patently unprofessional to show partiality in any form to any other team member, such behavior will not be tolerated.
4. All team members will not attempt to recruit other team members to their club team or coaching influence.
5. All team members are to strictly refrain from the consumption of alcohol and/or recreational drug use at any time while part of a delegation.
6. All team members are expected to comply with both the local laws and the laws of the United States at all times. For example, if an action is legal in the country you are visiting, but is not legal in the United States, it is not permitted to be undertaken.
7. All team members will comply with all rules and guidance, as applicable. This includes, but is not limited to: local laws and customs (International, USOPC, OPTC and Olympic Village amongst others), dress and appearance, alcohol use, deportment, punctuality, manners, behavior and respect for other team members. Under no circumstances will disrespectful behavior towards the host nation or other members of other teams be tolerated.
8. All team members will respect the "chain of command". Ultimately, the team leader and/or head coach will have final say on all decisions.



Where Olympic Journeys Begin

9. All team members will adhere to any and all curfews put into place by the team leader and/or head coach, regardless of age.
10. All team members will attend scheduled training sessions and team meetings unless otherwise excused by the team leader and/or head coach.
11. All team members will be held to a zero-tolerance policy towards abuse, as defined by the comprehensive framework of local, state, and federal laws. Any form of abuse, including physical, emotional, or verbal mistreatment, will not be tolerated under any circumstances.
12. All team members will abide by all other USA Weightlifting, United States Olympic and Paralympic Committee, USADA, US Center for SafeSport, organizing committee, PAWF and IWF policies and procedures as applicable.
13. Sexual contact of any kind between any team members, with the exception of married couples and those in a pre-existing relationship declared to USA Weightlifting in advance of the commencement of a delegation, is strictly prohibited when part of a delegation. Sexual contact that is nonconsensual, inappropriate, unwelcome, criminal, or otherwise violates the rules, policies, or procedures of USA Weightlifting, USOPC, or the US Center for SafeSport, is always prohibited.
14. Conduct which reflects negatively on, or brings into disrepute, USA Weightlifting or the sport of weightlifting are prohibited.
15. Failure to comply with this Code of Conduct may result in potential disciplinary action from USA Weightlifting, penalties may include:
 - Immediate removal from an international team and return home at the team member's expense.
 - Revoking of funding from an international competition.
 - Temporary or permanent termination of USA Weightlifting membership.
 - Suspension from USA Weightlifting activities for a specified period.
 - Withholding in part or in full of any stipend(s) paid by USA Weightlifting.

The team leader in consultation with the CEO has the ability to remove a person from the team immediately, and the CEO has the authority to place an interim sanction upon said person. The USA Weightlifting Judicial Committee shall approve any further sanction, at the recommendation of the staff, subject to a hearing and individual circumstances. Any violation of policies other than this code of conduct will be dealt with by the applicable body (e.g. US Center for SafeSport, USADA, USOPC, IWF or USA Weightlifting).

To that end, you agree to comply with any requests and investigations from USA Weightlifting, the US Center for SafeSport, IWF, USADA, USOPC, or any of its Boards or Committees.



Where Olympic Journeys Begin

To that end, you agree to comply with any requests and investigations from USA Weightlifting, the US Center for SafeSport, IWF, USADA, USOPC, or any of its Boards or Committees.

Mandatory Reporting: All team members are considered mandatory reporters. This means that they have a legal obligation to report any suspected cases of abuse, neglect, or other forms of harm to the appropriate authorities. These reporting requirements are set forth by local, state, and federal laws, which vary depending on the jurisdiction. The purpose of these laws is to ensure the safety and well-being of individuals, particularly vulnerable populations such as children and individuals with disabilities. By complying with these reporting requirements, members of the delegation play a crucial role in protecting the welfare of those they interact with during their participation in various sporting events and activities.

I have read and understand the Team Code of Conduct. I agree to fulfill the requirements as outlined.

Competition: [2024 Olympic Games](#)

Initial: _____

HEALTH, FITNESS & PERFORMANCE DECLARATION

Team USA athletes must maintain the level of performance that qualified them to make the [2024 Olympic Games](#) team. The requirements for readiness have been outlined in the Olympic Games Athlete Selection Procedures for this event ([USA Weightlifting Selection Procedures](#)) and has been agreed upon with each personal coach and the Senior Director of Sport Performance following the invitation to join the [2024 Olympic Games](#) team.

I understand the following provisions can be utilized for substitutions:

Injury - An athlete may be replaced if the Sports Medicine Commission, determines that an athlete:

- Is unable to perform to their full potential
- Their performance would mean an alternate or, if prior to final entry deadline, another ranked athlete would perform better
- If competing risks injury complication

Illness – An athlete may be replaced if the Sports Medicine Commission determines that they are unable to perform to their full potential due to an illness.

NOTE: Refusal to be examined by the appointed doctor, for injury or illness, is grounds for replacement on the team.

Lack of Readiness - An athlete may be replaced if they have not satisfied the terms and conditions of their Competition Readiness Plan, such that the High-Performance department and AAC, determines that another athlete will now outperform the athlete.

Removal from Team – USA Weightlifting reserves the right to remove any athlete that violates the Code of Conduct policy, International Team Code of Conduct, USA Weightlifting Code of Ethics, SafeSport, or who commits a violation of applicable anti-doping rules.

Initial: _____

USA Weightlifting Outfitting Declaration

Participants will be issued an **Official 2024 Olympic Games Uniform**, which will be worn during the competition, on the podium and for the official team group photo.

As a condition of your participation in the **2024 Olympic Games**, please confirm your agreement with the following terms and conditions:

I will wear the **Official 2024 Olympic Games Uniform** I am issued in the competition, as the team leader or team coaches requires.

I will bring sufficient training attire to this competition, provided however, that I may only wear training attire that is Nike brand, Rogue brand, or attire that is unbranded.

I will not wear any training or competition outfitting or otherwise display items while in attendance at this competition that in any way contains commercial advertising per IWF rules, either of my own business interest(s), or those of others with whom I am affiliated.

I will not wear any supplemental gear/equipment such as headbands, wrist or knee wraps or other such items, that contains commercial advertising per IWF rules, either of my own business interest(s), or those of others with I am affiliated. The manufacturer's brand mark is the only acceptable mark on such supplemental gear/equipment.

Choice of weightlifting shoes to be worn in this competition is at my discretion; provided, however, that the shoes display only the standard retail commercial markings of the manufacturer.

I will not alter or otherwise add markings of any sort to the **Official 2024 Olympic Games Uniform**.

I will not sell, trade, or otherwise redistribute to others any component of the **Official 2024 Olympic Games Uniform**.

If I accept the conditions of this declaration, and subsequently neglect to bring to the competition, or refuse to wear the **Official 2024 Olympic Games Uniform** I am issued in the competition as the team leader or team coaches require, I am subject to being withdrawn from the competition.

If I accept the conditions of this declaration, and subsequently I am identified as not having fulfilled the requirements, I am subject to return of the payments made on my behalf by USA Weightlifting for my participation in the **2024 Olympic Games**, and furthermore, I am subject to disciplinary action, as the USA Weightlifting Board of Directors deems appropriate.



Where Olympic Journeys Begin

Outfitting	Size
Singlet (<i>Men's or Women's Sizing</i>)	

Initial: _____

Social Media, Communications, and Marketing Agreement

Introduction

These official social media guidelines were created to encourage athletes to share their opinion online in a positive and constructive manner. Both in professional and institutional roles, athletes need to follow the same behavioral standards online as they would in real life. Athletes are liable for anything they post on social media networks.

Official USA Weightlifting Social Media Accounts:

- **X:** @USWeightlifting
- **Facebook:** Facebook.com/USAWeightlifting
- **TikTok:** usaweightlifting
- **Instagram:** usa_weightlifting
- **YouTube:** USAWeightlifting
- **Website:** www.usaweightlifting.org

Social media is powerful communications tools that have a significant impact on organizational and professional reputations. USA Weightlifting supports and encourages athletes and staff to use social media platforms in positive ways to connect and interact with teammates, fans, media, members and the community. Athletes must at all times act in the best interests of the competition and shall not act in any manner which is improper. Such actions which are considered improper.

How USA Weightlifting Uses Social Media

USA Weightlifting uses social media to engage and connect with members, fans, athletes and the media as well as to promote and market new programs, upcoming events, athletes, sponsors, etc. To avoid misconceptions about authentic USA Weightlifting accounts, only the official accounts for USA Weightlifting are permitted to use USA Weightlifting names, logos and marks in titles, profiles and URLs.

In order to avoid any problems or misunderstandings, USA Weightlifting has come up with a few guidelines to provide helpful and practical advice for athletes when operating on the internet as an identifiable athlete of USA Weightlifting:

Rule of Engagement

- **Disclose:** Your honesty—or dishonesty—will be quickly noticed in the social media environment. Please represent USA Weightlifting ethically and with integrity.
- **Protect:** Make sure that transparency doesn't violate USA Weightlifting's confidentiality or legal guidelines for commercial speech—or your own privacy. Remember, if you're online, you're on the record—everything on the Internet is public and searchable. And what you write is ultimately your responsibility.
- **Use common sense:** Perception is reality and in online social networks, the lines between public and private, personal and professional, are blurred. Just by identifying



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yourself as a USA Weightlifting athlete, you are creating perceptions about your expertise and about USA Weightlifting. Do us all proud.

Best Practices

- **Be a Good Ambassador:** Always be aware that your opinions and behavior reflect on USA Weightlifting and Team USA.
- **Be Aware Social Media is Public Information:** Even though you may use privacy tools, assume that everything you post on social media is public information.
- **Consider Your Audience:** Remember the social media audience is unrestricted in terms of age, gender, nationality, faith, sexual orientation and disability. Posts can be read by children of all ages and journalists can create/embellish stories based on your postings.
- **Respect Copyrights and Fair Use:** Always give people proper credit for their work and make sure you have the right to use something with attribution before you publish.
- **Think Twice Before Posting or Retweeting:** A general rule of thumb is if you would not be happy seeing the image or quote in a national newspaper, do not post or tweet it.
- **Keep Security in Mind:** Avoid sharing log in details and using email accounts as well as social media log ins. Change your passwords frequently and avoid using the same password for multiple accounts.
- **Do Not Use USA Weightlifting / USOPC Logos:** Using the USA Weightlifting and/or United States Olympic & Paralympic Committee name, logos or marks in any social media account or domain name not created by the organizations is forbidden.
- **Ask Before it's Too Late:** If you are in doubt about the appropriateness of a post or tweet, contact USA Weightlifting before posting.
- **Do Not Leak Information:** Athletes and staff shall not reveal information about other athletes that may be detrimental to performance. This may include, but is not limited to, injury status, fitness, medical treatment, information about athletes (especially without their consent), contact details of athletes, staff, criticism of USA Weightlifting, athletes, staff, coaches, Board of Directors, etc.
- **Use Good Judgment:** Refrain from comments that can be interpreted as slurs, demeaning, inflammatory, etc. Comments which include reference to a person's ethnic origin, race nationality, faith, gender, sexual orientation or disability are inappropriate.
- **Rule 40:** Prior to, throughout and following the Olympic Games, Rule 40 states no competitor, coach, trainer or official who participates in the Olympic Games may allow his/her person, name, picture or sports performances to be used for advertising purposes during the Olympic Games, unless permitted by the IOC Executive Board. Black-out dates will be provided to athletes in advance during an Olympic year.
- **Respect Sponsors:** Negative comments about USA Weightlifting premier partners, sponsors or suppliers, and United States Olympic & Paralympic Committee worldwide and domestic partners are considered inappropriate.

We encourage all athletes and staff to be active on various social media platforms and



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Therefore, welcome the opportunity to assist athletes and staff with using, promoting and protecting themselves on social sites.

Team Announcement Information:

Hometown: _____

Weight Category: _____

Best competition snatch: _____

Best competition clean and jerk: _____

Best competition total: _____

Coach(es) Name: _____

Club: _____

Instagram: _____

College (if attended, if not put N/A): _____

I have read the Social Media, Communications and Marketing Agreement and I understand USA Weightlifting may use my likeness in future communications and marketing projects.

Initial: _____



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By my signing this Team USA Declaration, I hereby agree to all of the terms and conditions outlined in this document, and that if I do not so agree to all of these terms and conditions, I am not eligible to participate in the [2024 Olympic Games](#). If I am younger than 18 years of age, as a condition of my receiving support, my parent/legal guardian must also sign this Declaration:

Athlete Name: _____ (Print First, Last)

Athlete Age: _____

USAW Member#: _____

Signature of Athlete/Parent: _____ **Date:** _____

Signature of Parent/Legal Guardian (Required, if Athlete is Younger Than 18 Years of Age)

This Declaration is due by **July 1, 2024 NO LATER THAN 5PM MT**
If you have questions about this document, contact Lorene Halford at
Lorene.Halford@usaweightlifting.org